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The Inkwell

Armstrong Atlantic State University

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Chris Lancia
Sports Editor

"Two F/A-18F Super Hornets crashed off the coast of California...4 Naval Aviators are missing and presumed dead...among them was Lieutenant Stephen Nevarez..."

With those frightening words the Armstrong Atlantic State University community found out that even the brightest among us would have to face our mortality. The loss of a person that made such a profound impact on the campus has opened a sea of emotions and set forth a stream of remembrances.

Stephen Nevarez, known around campus as Steve, graduated from AASU in 1993. He was an enigma on the campus, someone that never seemed to have done enough. Unlike many of those around him, Steve did it without the need for personal recognition. He did it because he wanted to.

He was well known around the campus, participating in every activity that would allow him to. Steve wasn't just your run of the mill staff member. The leader inside of him was just too strong. He had to be at the front, leading by example.

He was the Editor of the Gee-chee Yearbook. He was a CHAOS leader, not just once, three times. He was the advertising manager for *The Inkwell*.

The student body elected him as the SGA Treasurer for the 1991-92 school year, but that wasn't enough. He founded the AASU Economics Club, then served as its' President while concurrently serving as the SGA Treasurer.

Regardless of his motivation, the rewards began to pile up for Steve. In 1993 he was awarded the Silver A as an AASU student who had provided great service to the University and the student body. The same year he was recognized in the "Who's Who Among Students in American Colleges & Universities". The leader emerged

THE INKWELL

Armstrong
Atlantic
State
University

"Congress shall make no law... abridging the Freedom of Speech or of the Press"

Armstrong Mourns Loss of Great Student, Great Man



Steve Nevarez (far right) during his days at Armstrong.

again, signing up with United States Navy.

He signed up as a Naval Aviator, fulfilling every young man's dream to fly Mach 1 in a jet. He wasn't a pilot; but as a Weapons Systems Officer he became the eyes and ears of the pilot in an F-14 Tomcat. His role as a Naval Officer and Gentleman allowed him to continue to impact the lives of others. Not only was he active in the defense of our country; he was leading the other men and women assisting him in that role.

As anyone who has seen the movie "Top Gun" knows, Naval Aviators go by their call sign. It can be a childhood nickname, or often something much less flattering. Steve picked up a nickname, Nacho, while at AASU,

and it followed him into the Navy, ending up stenciled under his cockpit and on the back of his flight helmet.

The official statement says they don't know for certain what caused the crash. The two jets collided at a high rate of speed while performing routine training maneuvers. The expanse of sky overhead is surprisingly small when you're in an aircraft. In a jet it becomes even smaller, shrunk by speeds in excess of 600 miles per hour. Add in complex combat maneuvers, clouds, and other meteorological conditions and there is a recipe for trouble. Defending a country is dangerous.

Four Naval Aviators with numerous flight hours over various coun-

tries requiring US air support. Facing danger at every turn, these men went anyway.

It's been said that the best way to keep the peace is to be prepared for war. In so doing, these four defenders of freedom made the ultimate sacrifice.

The AASU community will never forget the charismatic Stephen "Nacho" Nevarez, may he rest in peace.



THE INKWELL

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Contract Printer: Chalker Publishing
Waynesboro, Ga.

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*The Inkwell is published and distributed bi-weekly each semester. Copies are available in distribution boxes throughout campus.

*The Inkwell welcomes letters and comments from its readers provided that they are clearly written or typed. All submissions must be signed with a telephone number included, as well as a social security number for verification purposes. These steps are required to secure payment for all submissions. Names will be with-held upon request.

*The Inkwell welcomes public service announcements, press releases, etc. Such information will be published free of charge at the discretion of the editorial staff. The comments and opinions expressed in this publication do not necessarily express the views of the staff.

*The Inkwell reserves the right to edit all submissions for purposes of publication.

*Photographs are not guaranteed to be returned after publication. Please make copies before submitting to avoid potential complications.

> ACCESS

That's what FAIRLIGHT FEHRENBACHER gained from the Georgia Tech Regional Engineering Program (GTREP). A former river guide and engineering student in Oregon, she debated staying behind to complete her degree when her husband was assigned to Fort Stewart.

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Campus Insider

News & Events Around Armstrong

SGA Corner

Get the 411 on your Student Government...

Melissa T. Healy
Senator

Open Meetings

Every Monday at 12:05 p.m. the Student Government holds its weekly Senate meetings. Senate meetings are open to ALL students, faculty, and staff. Everyone interested is encouraged to attend.

Minutes for all recent SGA Senate meetings are public record and posted outside the SGA Office located on the right side of the upper level of the MCC Building.

To ask questions, or for more information, contact:

SGA Secretary Kim Andrews

Email: sga@mail.armstrong.edu

Phone: 927-5350

Fax: 921-5497

Dates To Remember November

- 4th Spring '03 Registration Begins
- 5th General Elections
- 9th Adopt-A-Highway (Carraba's Parking Lot @ 9 a.m.)

Register To Vote!!

It's your right as an American...use it!

Clubs and Organizations

In an effort to promote Student awareness of activities and resources on campus, ALL Armstrong Atlantic State University Clubs and Organization members are strongly encouraged to read and publish their meeting dates or event calendars in the Inkwell.

The more we use it, the more people read it, the more informed we all become. Thank you for working together towards a brighter tomorrow.
GO Pirates!

Current Senate Topics

• Reauthorization of the Higher Education Act in Congress

• Promoting Awareness of Resources and Events On Campus

• Technology Issues

• Smart Cards In Our Future?

• Parking on Campus

• Financial Aid

• Advisement Issues

• Community Service

• Retention

Quotes For November

"It's not how good I make it baby,
it's how I make it good"

- Chef, Southpark

"I will prepare, and my day will come." -Abraham Lincoln

Pirates Cove Calendar...Stay Informed!
<http://cove.armstrong.edu/login.php>

We cannot live only for ourselves. A thousand fibers connect us with our fellow men; and among those fibers, as sympathetic threads, our actions run as causes, and they come back to us as effects.

—Herman Melville



ISO

INTERNATIONAL STUDENT ORGANIZATION

presents:

INTERNATIONAL PARTY

9pm- Friday, November 8th
Compass Point Club House
Advanced Tickets \$2.00
At the Door \$3.00

A Magical Gathering of Spells and Wizards

Sasha McBrayer
Staff Writer

It seems one of the top ten reasons on everybody's list of things they love about Armstrong is one simple word, community. Well, you might be interested to hear what some members of your community are doing to pass the time between classes. They are playing cards.

What started as some casual hands of Spades soon became two tables dedicated to the play of the Wizards of the Coast card game, Magic the Gathering. To quote the description of the game on the box of one set of Magic cards, "Two or more people duel for control of a magic plane using creatures and other spells. The object of the game is to defeat your opponent by reducing his or her score from twenty to zero."

Joseph and Josh were just two of the guys over at the round tables, located in the cafeteria in rear left, who were kind enough to talk with me. Joseph says he had brought some cards to art class for the inspiration of the illustrations on them.

Soon, other guys were bringing in cards they hadn't used since middle school and next someone suggested that they play. The rest is history, and I warned the guys that my article might inspire others to join in. They were all very friendly and probably wouldn't mind dealing new people in, but beware, it can be a hard game to teach the ignorant, as I quickly learned, and some are better players than others. So, watch out!

The game is really like a war. Your cards are your army. Each army begins with a certain amount of land, called mana. It is like currency. Cards range from types of creatures, or warriors, to artifacts and magical spells. There's an amount of luck involved of course, but the player must use intelligence and strategy to know when to use which card. If you have some old cards at home, its fine to bring them because different decks are compatible. Each is assigned a color and the different colors are complementary and

supplementary, just like a color wheel.

The cards themselves are like little works of art created by some of the top fantasy and science fiction illustrators in the business, and they include little quotations. For example, the "Frozen Shade Card" features a haunting illustration of an undead woman letting loose her spell. It reads, "There are some qualities, some incorporate things, / That have a double life, which thus is made / A type of twin identity which springs / From matter and light, evinced in solid and shade." It comes from Edgar Allan Poe's "Silence". Another equally poetic card reads, "I have heard terrible tales of black rains, ashen fields, and metal that screams. I have consoled myself that the tales were a myth of some fevered mind. But today I saw a walker—and now I fear the truth." It is from Kasib Ibn Naji, Letters. Another card depicts Marsh Gas. It's instant and all creatures in both sides' arsenals are affected. They get points deducted.

My favorite card, however, was called "Ray of Command". It, too, was instant and allowed the player to take control of one of the enemy's creatures. Instead of a poem, this card simply read, "Heel". How funny is that?

Magic the Gathering cards are highly collectable and tradable and some are even worth \$30 and more, so if you have some old ones somewhere, it might be a good idea to pull them out! Also, I think it's important to dispel any negative ideas about the game. It is not role-playing and some of the players are Christians.

So, if you're looking for a way to relax between classes and want a nice chance to meet some new people, come on out and play with the guys and girls in the cafeteria around noon. If you don't know how to play, you might want to just sit and watch in a friendly environment. Thanks again, guys, for letting me watch!

The Auto Authority

2003 New Car Buyers Guide for College Students

Dan Ward
Assistant Editor

The new models are already out and making a huge impact on all markets. Trucks, cars, sport-compact and even vans are booming in this slow economy because of great styling, more performance and my favorite, more options!

The new line up features new models and restyled classics, so enjoy!

Here is the conclusion to last issues '03 New Car buyer guide.

Honda Civic and Accord- The Civic is a popular choice for college students because of the great gas mileage, dependability and overall value. Starting at \$12,900 most of us can afford a plain Jane Civic but go crazy on the options and trim level and get ready to spend \$19,500. The Accord is another popular car because of its dependability, performance and now the sport model.

The Accord Coupe is now available with a 240hp VTEC V-6 with a 6 speed manual shift transmission. You had better be on your parents good side when you go shopping for the Accord, however, because the base models may start at \$16,000 but get the one you really want and you have just broke the bank at \$26,000.

Hyundai Accent/Elantra/Tiburon- Hyundai is a favorite brand of college students because of one simple reason: price!

The Accent starts at just under \$10,000 and the fully-equipped Tiburon tops the checkbook at \$18,000, so value is the key here. With plenty of options and models available, the 5-year, 60,000 mile warranty is hard to beat at such a good price.

Mazda Protege and Protege5- The Protege DX, LX, and ES receive new headlights and more options as the rest of the models remain the same. The big news on the Protege front is the '03 Mazdaspeed Protege that is sure to get your heart pounding. Whether it is the turbocharged 170hp motor, with air-to-air intercooler, or the race-ready clutch and suspension, or maybe the 17-inch Racing Hart wheels or lastly the 450-watt Kenwood system...one of these will get that heart going! Get ready to spend anywhere from \$13,000 to \$18,000.

Mitsubishi Eclipse and Lancer- The Eclipse is the best selling sports car in America and for good reason. The Eclipse offers good looks, sporty performance and an interior with many options to suit your picky taste. The Eclipse GT and the GTS models are pricey however, get ready to spend at least \$17,900 for the base model and the GT/GTS will set you back around \$22,000-\$28,500.

The Lancer is the best value in the Mitsubishi line-up starting at a friendly \$14,000. With a huge options list and different lines available expect to see more and more of them on college campuses. Get ready for the Evo VIII

coming to the states in spring 2003. If you don't know about this import supercar in the words of an old wise man, "it is the jive!" AWD, 250hp and suspension that makes my heart feel warm and fuzzy all for under \$30,000. Start saving now and put your name on the waiting list (right under mine).

Nissan Sentra/SE-R- One of the least expensive cars and one of the best values period, the Sentra is experiencing a resurgence mostly because of the newest design and the SE-R model. The SE-R and the ultra hot SE-R Spec V model have high revving, gobs o' torque four cylinders that put out 165hp and 175hp respectively. Different wheels, front fascia, and badging all make the SE-R Spec V stand out from the crowd. The Sentra starts out at a college student budget friendly \$12,000 and tops out at \$17,500.

Pontiac Grand Am /Sunfire/Vibe- All three of these models offer sportiness, mild to wild attitude and savings we can all appreciate. The Grand Am offers V-6 power, cleaner body lines and the availability of XM Radio. Models start at \$17,000 and round out at \$22,500. New front and rear fascias, including headlights and taillights, optional OnStar navigation and side airbags are some of the big new changes for the '03 Sunfire. The Sunfire starts at \$14,000 and top off at \$19,000.

If you like the Toyota Matrix but want an American car, the Pontiac Vibe is your ticket to riding in style and having fun doing it. With the exactly same chassis, drivetrain and available 180hp VVT-i four cylinder as the Matrix, the Vibe offers different body cladding and front fascia. The Vibe offers SUV flexibility and include an optional DVD navigation system.

Saturn Ion- Saturn has always been a favorite among college students and the new Ion should not disappoint. The new 137hp Ecotec DOHC four cylinder is mated to a new five speed automatic transmission. The Ion is available in sedan and coupe models with rear coupe doors opening as well. Saturn has the market cornered with a great value starting at \$11,500.

Toyota Celica/ Corolla/ Echo/ Matrix- All four of these models are great for the college student buyer for multiple reasons: value, attitude and performance. Each model comes in a host of trim levels from your basic vanilla Corolla sedan to the wild Matrix XRS and each options list is as long as our professors syllabi. The most

reasonably priced model is the Echo, starting at \$10,000, it includes seating for five, new colors and an amazing 40mpg. The Corolla receives some attitude in the form of a body kit, sport suspension and a more responsive 130hp twin-cam four cylinder. Starting at 13,500 and topping the price list at \$15,500, the Corolla will be a favorite in the under \$20k car market. If looking good and getting there fast is what your all about, check out the Celica and the Matrix. With available 180hp twin-cam engines with VVT-i, these two know how to have fun. Mix in aggressive body kits, bigger wheels and optional HID headlights, and these two immediately become major players in the ever increasing sport compact world. The Celica starts at \$17,500 and the Matrix at \$15,000, so

go out and get you one!

Volkswagen Beetle/Golf/ Jetta- If quality and reliability are your two requirements for a new car purchase, the Jetta, Golf and Beetle might just be your solution. With new "budget priced" trim levels available for each model, the quality of a Volkswagen can now be in your driveway. The Golf starts out at \$15,400, the Beetle at \$15,950 and the higher class Jetta at \$17,000. Lookout for the new Turbo Beetle S, this ride is more bad boy than cute and more hold on than lets just get there! Sport suspension, 180hp and 17inch wheels mean one thing: the Turbo S means business! Go digging in the couch for this one, the Turbo S will set you back \$23,000.

Bytes

Chris Lancia
Sports Editor

Have you been thinking of buying a notebook computer? I know you've looked, and I've heard the complaints about them. "Too bulky," you've muttered. "It takes too long to get it running," said one critic. Your prayers are about to be answered in what is being touted as a technological revolution.

Microsoft is bringing a new type of PC to the table. It will be called a Tablet PC and it will run, you guessed it, Windows XP Tablet PC Edition. The Tablet will come in two forms: an actual tablet that will use a docking station to synch with your desktop PC, and a notebook with a swivel screen that can be locked in the up position.

Users can use a digital pen or the traditional mouse and keyboard to operate the PC. Many in the computer industry are hoping that this will finally bring a true "grab and go" feature to the PC world. The aforementioned input devices and a quick resume time from the standby mode provide this outlook.

The first of these Tablet PC's will hit stores November 7th, labeled with names like Acer and Fujitsu. Company press releases state that they will be priced "in-line with current high-end notebook computers."

Since we have a diverse computing campus I realize that many of you want some Mac info. So...

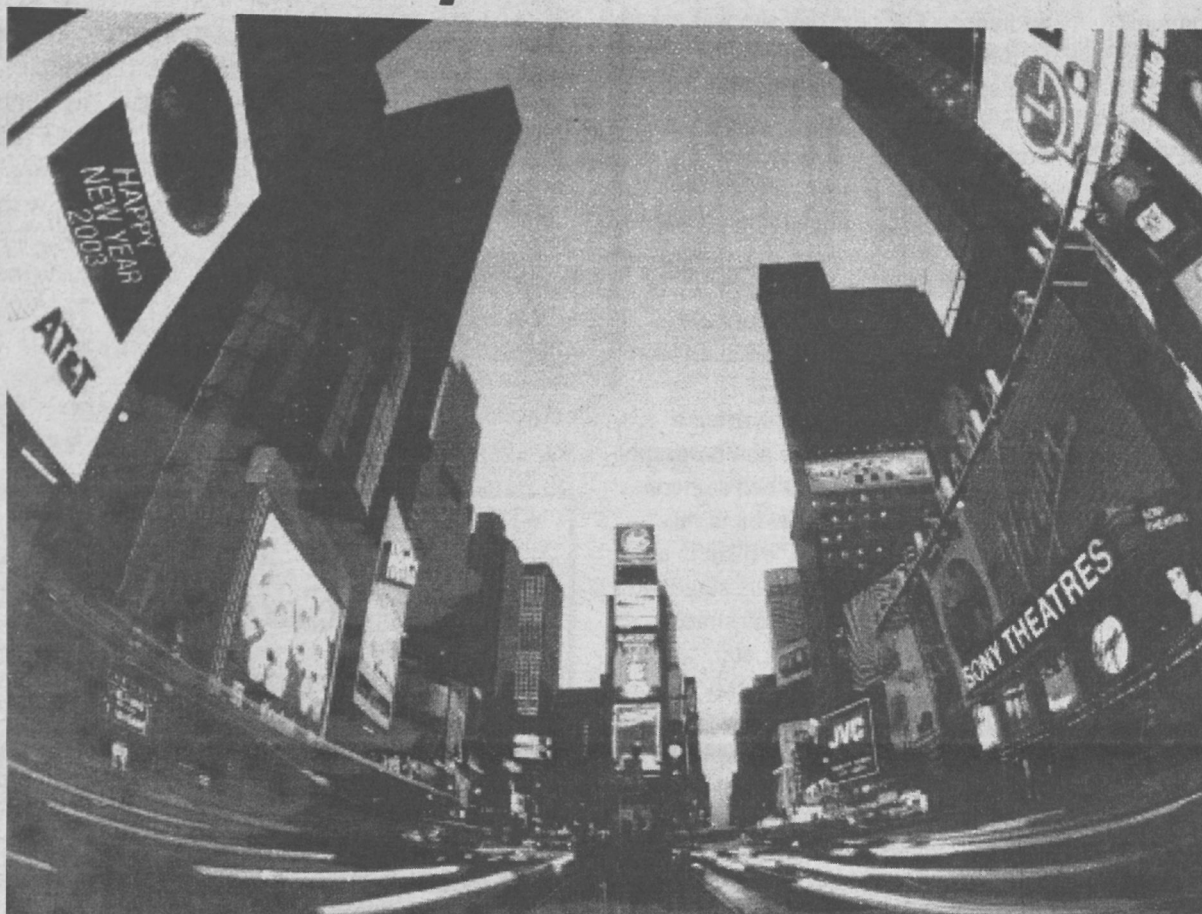
The biggest news from Apple this week still involves a PC. They have decided to fill the void left by many imposter MP3 players by releasing the iPod for Windows. The device holds over 400 CD's worth of music, and is loaded with features that make just about all other MP3 players on the market pale in comparison.

Apple continues to garner rewards with their innovative designs. PC Magazine recently named the iMac as the Editor's Choice in Consumer Desktops. They cite the impressive speed and functionality, as well as the aesthetic aspects of the design, as reasons for their selection. Loaded with an 800MHz G4 CPU, a DVD-R/CD-RW drive, and a 15" flat panel monitor (a 17" screen is optional) for only \$1,700 also makes it an economical choice. And the best part for the new user: the all-in-one design eliminates most of the annoying and dangerous wire clutter we all dread.

Web Site of the Week: <http://www.tcc.comptia.org>

This site allows surfers to get information about jobs in the IT field. The site is focused towards high school and college students, with the goal of bolstering a career field that is expected to be on of the fastest growing over the next 10 years. Also included on the site are certifications which are available, and sometimes required, for prospective IT professionals. Check it out, and let me know what you think at lanciach@mail.armstrong.edu.

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Music & Entertainment

One Big Fat Success

Sasha McBrayer
Staff Writer

What's the matter with you! Why haven't you gone to see My Big Fat Wedding yet? Are you not human? Do you not like to laugh? Get it together! Peter Travers of Rolling Stone proclaims the film is "Heartfelt and hilarious!" I think EVERYONE who has seen it is in total agreement. The official website is pretty funny, too. The sound of breaking plates nearly made me jump out of my skin. Here's what I learned about the film by surfing around.

Nia Vardalos, the enchanting actress who plays the lead role of "Toula", did much, much more than just steal the show. The movie is her life! It's an adaptation of her popular one-woman theatrical show. Similarly to the way Toula gets swept away by "Ian", played by Northern Exposure's John Corbett, the story of how the film came to be is equally fairy tale like.

Born in Winnipeg, Vardalos worked at an improv comedy theater in Canada. That is...she worked in the box office selling tickets! Then, one fateful day a performer was rushed to a Toronto hospital. Nia convinced the frantic comedians that she knew the part and could take the injured member's place. They took a huge chance on her, allowing

Vardalos to perform without any rehearsing, in front of a sold-out audience. The next day she was asked to join the Canadian comedy troupe. She spent two years with them and then joined Chicago's "Second City" comedy troupe. She then met the love of her life, Ian Gomez; another comedian featured in such television shows as Drew Carey and Felicity. Gomez, Nia's husband, has a part in My Big Fat Greek Wedding. He portrays "Mike", "Ian's" best friend and fellow teacher.

Vardalos had already written a screenplay based on her autobiographical one-woman show, when someone very special happened to be in the audience. Actress Rita Wilson is also Greek. She found Nia back stage after the show and said Vardalos simply HAD to make a movie. Later, Wilson's husband Tom Hanks, also caught the show. "[Hanks] wrote me a beautiful letter," Vardalos explains, "—How marrying a Greek woman and marrying into a Greek family had changed his life. I would call my mom every week or so and read her the letter and she would cry." Two months later Hanks called to tell the Greek comedian that his very own production group, Playtone Co, would produce the film. The rest is Hollywood history.

Director Joel Zwick says of Vardalos, "I'll tell you something; not only does the camera love Nia, but she is one tremendous actor. Her own buoyant spirit permeated everything she does. That has been a phenomenal surprise, and it makes this movie special." Also, when accepting an award this week for Minority Report, director Steven Spielberg joked, "Who knew that My Big Fat Wedding would make more money than my big, fat Tom Cruise movie?"

Still not convinced? This is what Armstrong's own Dr. Hall of the history dept. had to say about it. "It was potent, it poked fun at Greek culture while still highlighting the special components that make Greek culture so unique. It actually made me want to go have lunch at Yanni's the

next day. I just had to have some [Greek food]. I enjoyed the film, and I recommend it to anyone that wants to go laugh for a little while." He also says a secretary in the history department, in response to the film, is now spraying Windex on anyone who comes to her with a problem. If you don't get it, you'll just have to go watch. For you tough guys out there who think the movie is a "chick flick", men find the movie just as hilarious as women do and you'll be happy to know that N'Sync's Joey Fatone is hardly on screen, having only a few one-liners. In fact, My Big Fat Greek Wedding is a perfect date movie. Go see it!

Sources: <http://movies.yahoo.com/greekwedding/>
(Special thanks to Dr. Hall for his time.)

MUSIC & THEATER Calendar of Events

November 14-16, 21-23

Masquers Production

A Comedy of Errors, by William Shakespeare at Jenkins Theater

November 19 (free event)

Rampart Winds, Woodwind Ensemble

The U.S. Air Force Band of the Rockies

Workshop/Performance

FAA * 2:30 P.M.

November 19 (*)

AASU Jazz Ensemble Concert

FAA * 7:30 P.M.

November 21 (*)

Frank Gordon Jazz Combo

Colorful mix of standards and original jazz compositions

FAA * 7:30 P.M.

November 24 (*)

Eleventh Annual J. Harry Persse Memorial Concert

University Singers and University Chorale

with the Savannah Symphony

FAA * 3:00 P.M.

Donations accepted

December 3 (*)

Savannah Winds & the AASU Wind Ensemble Concert

FAA * 7:30 P.M.

December 5-8

Masquers Production

"Women's Voices"

Monologues about women, written by women, and performed by women

Jenkins Theater

Inkwell Fall Deadline and Publication Schedule

Submissions Due

Publication Date

November 5

November 18

November 20

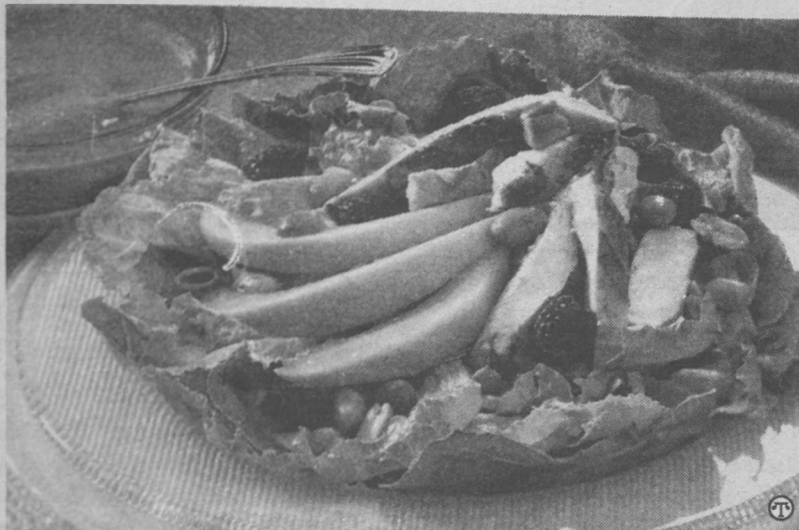
December 6

**** Publication dates are subject to change. Please note that submissions must be received by the listed date for insertion. Late submissions may be held over until the following edition.**

For more information, contact 927-5351 or send your fax marked Attn. Inkwell to (912)921-5497. All staff members are part-time employees. hours vary. Please leave name and number and we will return your call as quickly as possible.

HEALTH NEWS

What's Age Got To Do With Eating Peanuts And Peanut Butter?



(NAPS)—No matter what your age, peanuts and peanut butter can play an essential (and tasty!) role in a nutritious diet. As adults age, physical and metabolic changes alter daily nutritional requirements. Unique nutrition-related issues can affect food preference and selection.

Peanuts are a nutrient-dense source of energy and provide protein, natural sources of vitamin E, folate, niacin, zinc, magnesium, phosphorous and dietary fiber. Peanuts also are naturally cholesterol-free and a good source of vegetable protein. One ounce of peanuts provides five percent of the average energy needs for most adults over 50 and 10-12 percent of the recommended daily allowance of protein.

Bob Greene, celebrity fitness trainer and author, recommends incorporating nutrient-packed ingredients such as peanuts and peanut butter into a well-balanced diet. Greene also praises peanuts for their widespread availability and versatility, especially when they are incorporated into sauces, marinades, dips, salad dressings and smoothies.

The National Peanut Board offers an exotic way to "sandwich" hunger and nutrition with a refreshing, island-inspired recipe:

Caribbean Chicken Salad With Peanuts

- 1 head romaine lettuce, torn into pieces
- ½ cup sliced green onions
- 1 cup shredded grilled chicken
- 1 papaya, halved, seeded, peeled and sliced
- 1 cup raspberries
- ½ cup peanuts

Chutney Dressing

In blender or food processor combine ½ cup each peanuts and mayonnaise, ¼ cup chutney, 2 tablespoons each sugar and raspberry vinegar, and 1 teaspoon curry powder; blend until smooth. Makes about 1 1/3 cups of dressing.

Prepare Chutney Dressing and set aside. Toss lettuce with green onions and divide among 4 serving plates. Top with chicken, papaya slices and raspberries; sprinkle with peanuts. Serve with Chutney Dressing. Yield: 4 servings (¼ salad per serving).

Nutrition Per Serving: 605 cal; 38 g carb; 26 g pro; 43 g fat; 43 mg chol; 9 g fiber; 221 mg sod. (Source: USDA Handbook #8.)

For more recipes, visit the National Peanut Board web site at www.nationalpeanutboard.org.

It's Good To Know

What is Stress?

Qasimah P. Boston
Health Columnist

STRESS STRESS STRESS STRESS STRESS! That is what many of us students are feeling right now at this very moment. Could be due to financial issues, sooo many academic responsibilities, social obligations, and those who work full time while attending school full time, at the same time! There are so many things that contribute to stress. Let's talk about it.

According to The American Institute of Stress, "Stress is an unavoidable consequence of life." Hans Seyle, who has been noted as coining the term stress, said, "Without stress, there would be no life." He goes on to talk about how distress can cause disease and how there are some good stresses that promote wellness.

What is he talking about? Good stress? Well, all throughout our academic careers we will encounter stress. The stress of getting that 20-page paper in to the professor on time and in good form is one of those stresses. When we accomplish that responsibility, after going through all that stress, we will have earned that "A".

That stress was not necessarily harmful to us, but it could be if we do not have a set of techniques to handle our stress. Increased stress results in increased productivity- up to a point.

We all have different levels of stress that we can tolerate and finding our individual level of stress will help us to live our lives well and to succeed in our academic goals.

Okay, on to the point of this discussion, the big "S" for STRESS! What are some techniques for living victoriously with stress? Here are 10 practical stress control techniques. Try them out!

1. Spend 30 minutes a day doing something you like. Program leisure time. Don't just leave as leisure time what is left over after work; leisure and relaxation are important, so plan for leisure. Don't just let it happen, or fail to happen, to you.
2. Avoid difficult people when possible.
3. Don't try to do everything and be everything to everybody. Get your priorities right- make sure you do the important things first and leave the inessential for later.
4. Identify sources of stress and deal with them one at a time. Don't rush in trying to settle all problems at once; patiently work through a list of things to tackle.
5. Don't be at the mercy of your environment. Cut out those inessential phone calls and visitors; concentrate on the things that really must get done. Don't be available at all times.
6. Get up a few minutes earlier than usual each day, simply to 'putter' around and allow yourself time to wake up and prepare for the day. Use this time to take the 'rush' and 'bustle' out of life.
7. Space out your work each day by taking short rest pauses. Don't try to work through the whole day; pace yourself. Take 10 minutes in the middle of the morning and 10 minutes in the afternoon for complete relaxation if possible.
8. Take clear lunch breaks. Don't snatch a sandwich while working. Eat in a relaxed way that doesn't involve work. Take a half hour and, if at all possible, go away from work to eat.
9. Learn to say, "NO!" Don't simply take on everything that comes your way. Get out of the habit of doing that. Examine your commitments over the past week and ask how many of them did you really need to accept and how many could have been passed on.
10. Program some time for yourself each week. Only a short time may be needed, but make sure you get it. This is the time for you to be alone, take stock, think things through, or just do whatever you personally enjoy.

Knowing gives you power and opportunity. You have the power and opportunity to make an impact on your health and quality of life, as well as those who you inspire.

Please send any comments, questions, or concerns to The Inkwell, and address them to "It's Good to Know". See you next time!

Fraternities • Sororities Clubs • Student Groups

Earn \$1,000-\$2,000 this semester with a proven CampusFundraiser 3 hour fundraising event. **Our programs make fundraising easy with no risks.** Fundraising dates are filling quickly, so get with the program! It works. Contact CampusFundraiser at (888) 923-3238, or visit www.campusfundraiser.com

Understanding the Opposition

Shelina Aziz Gwaduri
Staff Writer

Much of what we hear on the news media is what we as Americans are going through in our thought process as to whether invading Iraq is justifiable, and whether it should only be done with U.N. support or even done unilaterally without the support of the global community. As these debates go on and we prepare for what some say is an inevitable showdown with Iraq, what do Iraqis feel about all of this? Not Saddam, for he doesn't feel anything, he is a human (term loosely used) who has no feelings for others, not for his neighbors, not for his citizens, not even for his sons-in-law, who were brutally executed by his men for voicing their difference of opinion. His almost Godfather like stature (which happens to be one his favorite movies), sends chills down the backs of Iraqis who know that any voice of dissension towards Hussein would lead to arrest and possibly much more dire consequences.

Iraqi citizens are not different than you and I. They want the same things in life. They want to work hard and provide for their families, just like us. They want to raise their children with love in hopes that they will live better lives than they did, just like us. They too like to get with their friends and watch football together (they call football what we call soccer). So if they are so much like us, why are they so different in the way they think, why are they so extremist in thought, why do they yell and scream 'death to America' dancing around burnt pieces of cloth that once was an American Flag? Why did they dance in the streets on September 11th when we were facing one of the most trying times in our history? Are they that cold? That heartless? That evil?

There are many of you reading this article who have already made up your mind as to what your answer is. THINK! Think very hard.... how did you answer? Did you base it on these images I mentioned above? Did you decide by recalling what you may have heard on FOX or CNN?

How much of your response is rooted to what your parents may feel about foreigners? How much of it is based on what Jerry Falwell may think? Take some time out and think how you responded to this question. For this is what we, as Americans, now

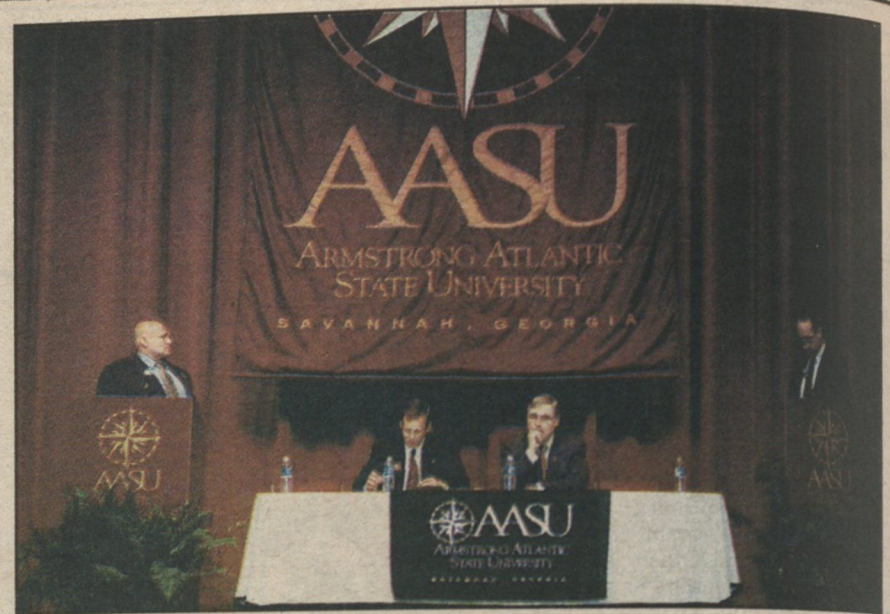
must do during these unprecedented times, decipher who and what the real threat is.

Is it Osama Bin Laden? Is it Saddam Hussein? Is it the citizens of Iraq? Is it Islam? During this new age of unconventional warfare we must be able to lock in on the targets that are legitimate and be able to differentiate those that look like targets, but are actually a group of kids having a birthday party in a remote area in Afghanistan.

As daunting as it may seem, it is critical that we be as meticulous as possible, for it is necessary, Gen. Wesley Clark says, "in gaining worldwide credibility for our aims and legitimacy for our actions." Those that understand propaganda, those that understand the fear that Hussein has instilled in his people, understand what type of people the Iraqis are...they are people who are forced to act the way they do. Just as a gunman may make demands of his hostages that they normally would not perform, they too are being forced to say and do what he wants.

Avoid taking the simplistic road and labeling all these foreigners as 'fanatics' or 'extremists' for that road would be too easy to take. Avoid the stereotype, avoid relying just on television accounts, keep away from simply agreeing to what some radical may say, for you don't know how he may think. He may be convinced that a certain purple teletubbie is a homosexual character. Is this a man whose ideas you want to base yours on?

In regards to my earlier question of whether the people of Iraq are that cold, talk to a Muslim person who lives here, maybe even goes to Armstrong. When you listen to this person speak, and you hear how incensed they are that these madmen, whether it be Saddam Hussein, Osama Bin Laden, or some other terrorist, have scarred Islam and what it truly represents, when you hear this person speak and they say 'we' need to get him, recognize that 'we' is us as Americans. These Muslims are the same Muslims that are in Iraq, the only difference being the Muslims here don't have to worry about the threat of chemical or biological agents directed towards them.



(Photo credit: Sebastian Phillip)

Armitage at Armstrong

Chris Lancia
Sports Editor

It's not often that Savannah gets a visit from someone high on the ladder in the national government. That's what happened when Deputy Secretary of State Richard Armitage, second only to Colin Powell in the State Department, accepted an invitation from Congressman Jack Kingston to speak Friday at Armstrong Atlantic State University. The community responded with a fervor, filling the auditorium and providing a vibrant audience for Secretary Armitage to get his message out to.

Professor of Political Science William Daugherty opened the town hall meeting, and was followed by a brief statement from University President Thomas Z. Jones. President Jones then introduced Congressman Kingston, who welcomed the many elected officials in attendance as well as the entire crowd of constituents. The Congressman pleased many by not making a long, politically pointed speech. He simply thanked everyone for coming and then introduced Secretary Armitage.

The topics of the meeting were Homeland Security, the war on terrorism, and the possibility of war with Iraq. Although he made some references to the former, the Secretary focused on the impending war with Iraq. "We've given Iraq 16 chances, and 16 times they've failed to comply with the UN resolution," stated Secretary Armitage. "The President has made it very clear that while we would like the support of the UN Security Council, we will move forward regardless in order to ensure the safety of the people of Iraq and the rest of the world."

Following his speech, Secretary Armitage fielded questions from the audience. The audience had the opportunity to write down questions on index cards that were then given to Professor Daugherty, who read the questions out loud for the Secretary to respond to. There were many interesting questions, with most of them continuing to focus on the impending war with Iraq.

When asked about a preemptive strike,

Secretary Armitage replied, "I believe a preemptive strike is warranted, and even necessary. Think about this: if we knew in August of last year what we knew in September, would we not have taken preemptive action against Al Qaeda?"

Secretary Armitage was extremely well spoken, and upheld his reputation as an expert on foreign policy. It's also worth noting that Secretary Armitage recently became a resident of Richmond Hill, providing the backdrop for his appearance in Savannah. But was this a political ploy by Congressman Kingston?

It's no secret that in an election year a politician will do whatever it takes for media exposure. The adage that any press is good press certainly rings true for a political candidate. Congressman Kingston, although the incumbent in his race, added an incredible amount of exposure to his campaign because of this meeting. The lack of a drawn out political statement during his speech shows that Congressman Kingston knew he didn't need to grandstand for this meeting to have an effect on his campaign. The ability to get such a high ranking official to speak in Savannah speaks volumes about his abilities and influence in Washington, and will go a long way towards victory in the upcoming elections.

Congressman Kingston didn't completely take the high road, though. A well placed "Yesterday when speaking to President Bush..." also made an impact as the audience was left to draw their own correlation on the connections available to Congressman Kingston in the seat of our government, Washington D.C.

In keeping with the election theme, remember to vote on November 5th. It is your right as an American, and one that should be taken advantage of. Rather than complain about what is being done by your elected officials, get out and have your say by voting. Every vote counts, and the one you cast may make the difference.

COLLEGE CORNER

Cutting Loan Payments—Quick

(NAPS)—It shouldn't take an advanced degree to understand student loan forms. That's the lesson many students have taught colleges and lenders. As a result, steps have been taken to make the loan application process easier and faster.

Today, students can use the Web to apply for loans, check the balance owed on a loan or "shop" around for lenders. A group called Consolidation Assistance Program™ (CAP) even lets students sign their Federal Student Loan Consolidation applications online with a secured electronic signature.

The technology can help speed the borrowing and consolidating process, helping students borrow at the rates they want, when they want. In addition it reduces paperwork significantly.

Loan consolidation has become a popular choice for students burdened with heavy student loan payments. Students can consolidate loans without paying a fee or needing a credit check.

As of July 1, Federal Consolidation Loan interest rates are at 4.125 percent—their lowest point in history—and in some cases, even lower. With CAP borrower benefits, those rates could drop as low as 2.25 percent. Even parents consolidating Parent Loans for Undergraduate Students (PLUS loans) can get rates as low as



New technology helps student borrowers lock in the loan rates they want, when they want.

3.625 percent (including borrower benefits). For some borrowers, the new rates could reduce their monthly loan payments by more than half.

"Consolidation is a process that makes sense for graduates seeking affordable education payments," says Ellen Frishberg, Director of Student Financial Services for the John Hopkins University. "Even though students are counseled on the importance of repaying an education loan, many are still overwhelmed by the size of their monthly payments when they get out. For those students, consolidation can be a positive alternative."

To apply for a consolidation loan or for more information on consolidation rates visit the Web site www.mycaploan.com.

NEWS

FOR WOMEN

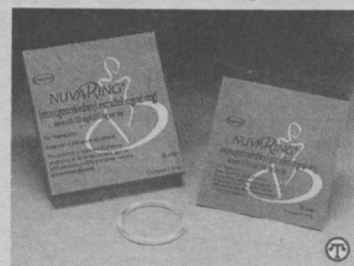
Flexible New Option In Contraception

(NAPS)—A unique and effective form of birth control offers women hassle-free month-long protection. Recently approved by the Food and Drug Administration, NuvaRing®, a small, flexible, transparent ring, can be administered once a month by a woman in the privacy of her own home.

NuvaRing® works by continuously releasing two low-dose, active components—etonogestrel, a progestin, and ethinyl estradiol, an estrogen.

"Women are always searching for more convenient contraceptive options," said Dr. Larry Seidman, clinical assistant professor, Obstetrics and Gynecology, MCP-Hahnemann School of Medicine in Philadelphia and one of the NuvaRing® clinical investigators. "Like the pill, NuvaRing® is effective, yet is administered only once a month and gives women more freedom and allows them to be spontaneous."

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An innovative method of contraception was recently approved by the Food and Drug Administration.

release a steady flow of hormones and works to prevent pregnancy on a monthly basis.

"NuvaRing® provides me with a form of birth control that suits my active lifestyle," said Wendy Johnson, a NuvaRing® clinical trial participant. "Instead of worrying about birth control on a daily basis, all I do is insert NuvaRing® once a month and I don't even know it's there."

For further information about NuvaRing®, please visit www.nuvaring.com or call 1-877-NUVARING.



The tallest indoor waterfall is in the lobby of the International Center Building in Detroit. It is 114 feet tall.

Before last weekend, the only thing he'd ever burned was a CD.

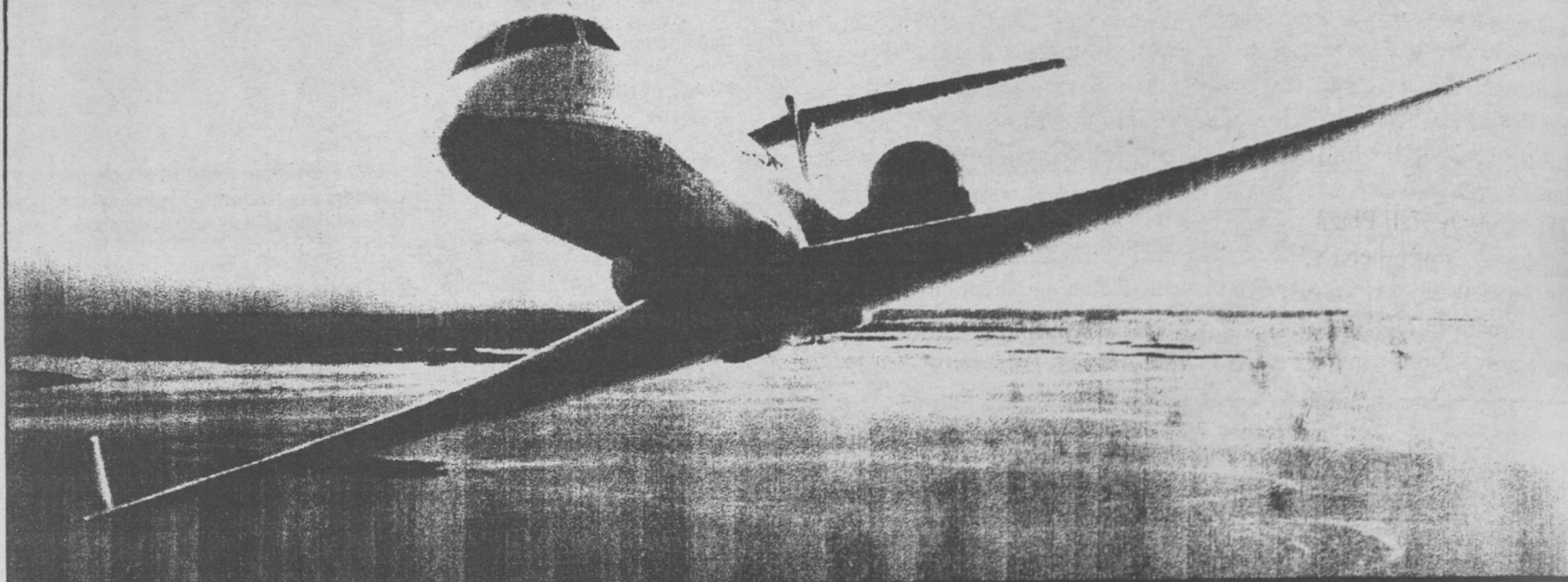
Although fire fighters do everything they can to prevent burns, more than 2.5 million burn injuries occur in North America each year. Most could be prevented.

To learn more about our "Don't Get Burned" campaign, please visit www.IAFFBurnFund.org.

This message is brought to you by the International Association of Fire Fighters: **Harold A. Schaitberger**, General President

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WHERE: University Hall Plaza

WHEN: Monday, November 18th

WHAT: Live show and **LUNCH!!**

This event is sponsored by the Campus Union Board; the SGA and International Student Organization are co-sponsoring a **FREE LUNCH** to accompany the show

FLU SHOTS OFFERED AT AASU

Shots will be given on Tues, November 12th, and Wed, November 13th from 10-12:30. Shots will be given in the lobby of the MCC and will cost \$12 per person, payable by cash or check. Students need to stop by the Student Affairs office to reserve a spot no later than Monday, November 11th.

**Celebrate Native American History Month
on November 20, 2001 @ 12 noon in the
Fine Arts Auditorium**



Dr. Will Goins
of the Eastern Cherokee,
Southern Iroquois and
United Tribes of South
Carolina



**-presents-
NATIVE AMERICANS -
THEIR STORY AND THEIR SONGS**

refreshments will be provided

University Relations

*Derek Bentley awarded \$1200 scholarship by DAR

*James N. Brignati named AASU VP of Business and Finance

*AASU to hold Campus Open House Nov. 9th 10:30 am to 2 pm

*Jeanne Walling awarded first Slotin Scholarship

*AASU to offer BFA in Studio Art

For more info on these stories, and more info on the happenings at AASU, log on to <http://www.urelations.armstrong.edu>.

**Uninformative meeting
Armstrong's First Irish Studies Club**

Disorganizational meeting

**Wednesday, November 13
12:15 p.m. in Gamble 103**

For more misinformation, call
Prof. Frank Clancy
Languages, Literature, & Philosophy
Gamble 102E, phone 921-5624

Irish Literature
Irish History
Irish Film
Irish Fine Arts
Irish Politics
Irish Mythology
Irish Language
Irish Hairstyles
Irish Women's History
Irish Americans
and more...

Overboard Irish
celebrations:
*St. Pat's Day
*Bloomsday
*Ted Kennedy's birthday
and more...

Loyd Captures North Shore/Pfeiffer Intercollegiate Title; Pirates Finish 3rd

SNEADS FERRY, N.C. (October 27) - Sophomore Ashley Loyd fired a second-round 66 and captured the individual title at the North Shore/Pfeiffer Intercollegiate by three strokes, becoming the second AASU player to capture medalist honors at the North Shore Beach & Golf Club in Sneads Ferry, N.C., in the past six months.

The No. 18-ranked Pirates, who shot a second-round of 287, finished with a two-day total of 569, six strokes behind team champion and host Pfeiffer University, who shot a 13-under-par 563 total for the championship. Kennesaw State finished second, two strokes ahead of AASU, while Francis Marion finished fourth and Barton College finished fifth.

But Loyd grabbed the headlines by finishing the tournament with a 68-66=134 total, 10-under-par and three strokes ahead of Pfeiffer's Andrew McArthur. Loyd's title comes six months after Nick Cowper captured the NCAA Southeast Regional title on the same course in May of 2002.

Sophomore Thomas Whittaker finished tied for 13th with a 70-74=144, even par for the tournament. Junior Trey Kent finished tied for 35th with a 72-75=147 total. Sophomore Jonathan Cox (79-72=151, +7) and Cowper (72-81=153, +9) rounded out the Pirates finish.

The World Series is over, finally, and the Angels will be taking the trip to Disney Land. That seems fitting, since Disney owns the team. Hmm...do you think they'll get free passes? Anyway...there are many things to report from the Pirates' Athletics Department. So, without any further ado, here we go...

Droppin' Anchor with the Pirates

Chris Lancia
Sports Editor

The golf team takes center stage for this edition of the Anchor. Sophomore Ashley Lloyd burned up the links at the North Shore/Pfeiffer Intercollegiate with a 134-stroke total for the two day tourney, 10 strokes under par and good enough to win by three strokes over the closest competitor.

The Pirates, ranked 18th in the latest poll, fired a two day total of 569, good enough for 3rd place overall. Sophomore Thomas Whitaker finished 13th with a two day total of 144, which was even par. Last years' sensation, Nick Cowper, continued to struggle, finishing with a two day total of 153 on the course he dominated last year enroute to winning NCAA Southeast Regional title.

The Lady Pirates (23-8, 8-1) volleyball team continued their winning ways, overcoming a slow start to beat USC Spartansburg 3-1 in PBC action. They've lost all their votes in the poll due to recent losses against Top 25 teams Tampa and Barry.

With only 5 matches left before the PBC tourney, the Lady Pirates will appear to have locked up the 2nd seed. #11 North Florida, undefeated in PBC play, look like the only competition for the Lady Pirates. Get ready for another NCAA Tourney bid!

The tennis teams did not fare well at the Omni Hotels/ITA National Small College Championships. Defending champion Zsofi Golopencza fell to Adrienn Hegedus of BYU-Hawaii in the championship match. That marked the first time Golopencza had fallen to a DII player in 40 matches, dating back to April 12th, 2001.

Achim Roth and Dale White finished 4th in the doubles competition, finishing 1-2 for the tourney.

Basketball is coming, so next time we will look at that. But for now...

GO PIRATES!

AASU SPORTS

AASU POOL HOURS



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Mon.-Fri. Noon-1:30 p.m.

Mon. & Wed. 5:00 p.m.-6:30 p.m.

Tues. & Thurs. 7:15 p.m.-8:45 p.m.

Sat. 10:00 a.m.-Noon

Sun. 2:00 p.m.-4:00 p.m.

* AASU I.D. Required

Fitness Center Schedule Fall '02

Mon.-Fri. 6:00-8:00 a.m.

Mon.-Thurs. Noon-9:00 p.m.

Fri. Noon-8:00 p.m.

Sat. 10:00 a.m.-3:00 p.m.

Sun. 1:00 p.m.-5 p.m.

*Must bring CURRENT AASU I.D.

*Must wear proper clothing (including shirt)

Armstrong Atlantic State University 2002-2003 Men's Basketball Schedule

Date	Day	Opponent	Time
Nov. 29-30	Fri.-Sat.	2002 Eckerd College Tournament (St. Petersburg, Fla.)	
Nov. 29	Fri.	vs. Queens (N.C.)	5:30 p.m.
Nov. 30	Sat.	at Eckerd	7:30 p.m.
Dec. 4	Wed.	at Fort Valley State	7:30 p.m.
Dec. 7	Sat.	Clayton College & State	*7:30 p.m.
Dec. 14	Sat.	at Presbyterian	7:00 p.m.
Dec. 18	Wed.	Fort Valley State	7:30 p.m.
Dec. 20-21	Fri.-Sat.	2002 AASU/Chatham Orthopaedics Basketball Classic	
Dec. 20	Fri.	UNC Pembroke vs. Lenoir-Rhyne	4:00 p.m.
		AASU vs. Eckerd	8:00 p.m.
Dec. 21	Sat.	UNC Pembroke vs. Eckerd	4:00 p.m.
		AASU vs. Lenoir-Rhyne	8:00 p.m.
Jan. 2	Thurs.	Francis Marion	*7:30 p.m.
Jan. 4	Sat.	at Lander	*7:30 p.m.
Jan. 11	Sat.	at USC Spartanburg	*4:00 p.m.
Jan. 13	Mon.	UNC Pembroke	*7:30 p.m.
Jan. 15	Wed.	at USC Aiken	*7:30 p.m.
Jan. 18	Sat.	at Columbus State	*4:00 p.m.
Jan. 22	Wed.	at Francis Marion	*7:30 p.m.
Jan. 25	Sat.	USC Spartanburg	*7:30 p.m.
Jan. 29	Wed.	at Georgia College & State	*7:30 p.m.
Feb. 1	Sat.	at UNC Pembroke	*7:30 p.m.
Feb. 5	Wed.	Augusta State	*7:30 p.m.
Feb. 8	Sat.	Kennesaw State	*4:00 p.m.
Feb. 12	Wed.	at North Florida	*7:30 p.m.
Feb. 15	Sat.	at Clayton College & State *	7:30 p.m.
Feb. 19	Wed.	North Florida	*7:30 p.m.
Feb. 22	Sat.	Columbus State	*4:00 p.m.
Feb. 26	Wed.	Georgia College & State	*7:30 p.m.
Mar. 1	Sat.	at Kennesaw State	*4:00 p.m.
Mar. 4-9	Tues.-Sun.	at Peach Belt Conference Tournament (Columbus, Ga.)	

* denotes Peach Belt Conference game
Bold denotes home game



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(M-Sat 10a-9p, Sun 12n-7p)

Store Hours: M-F 9a-7p

Savannah Crossing Shopping Center
13051 Abercorn St
912-507-6600

7203 Hodgson Memorial Dr
(near Oglethorpe Mall)
912-507-6500

Weekend Hours: Sat 10a-6p

Beaufort
Marine Corps Exchange
Building 408
843-228-7100
(M-F 10a-7p, Sat 10a-6p,
Sun 12n-5p)

2303 Boundary St, Suite 6
843-252-8800

Parris Island
Marine Corps Exchange
Building 202
843-228-3302 ext. 7238
(M-W, F-Sat 10a-6p,
Th 10a-7p, Sun 11a-5p)

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Girls & Sports Dailies

by Justin Borus & Andrew Feinstein



AASU DAY 2002 PHOTO ALBUM

Photo credits: Stephanie Raines
and Sebastian Phillip



A whipped cream pie in the face!



Jammin out with J'ZABEHL



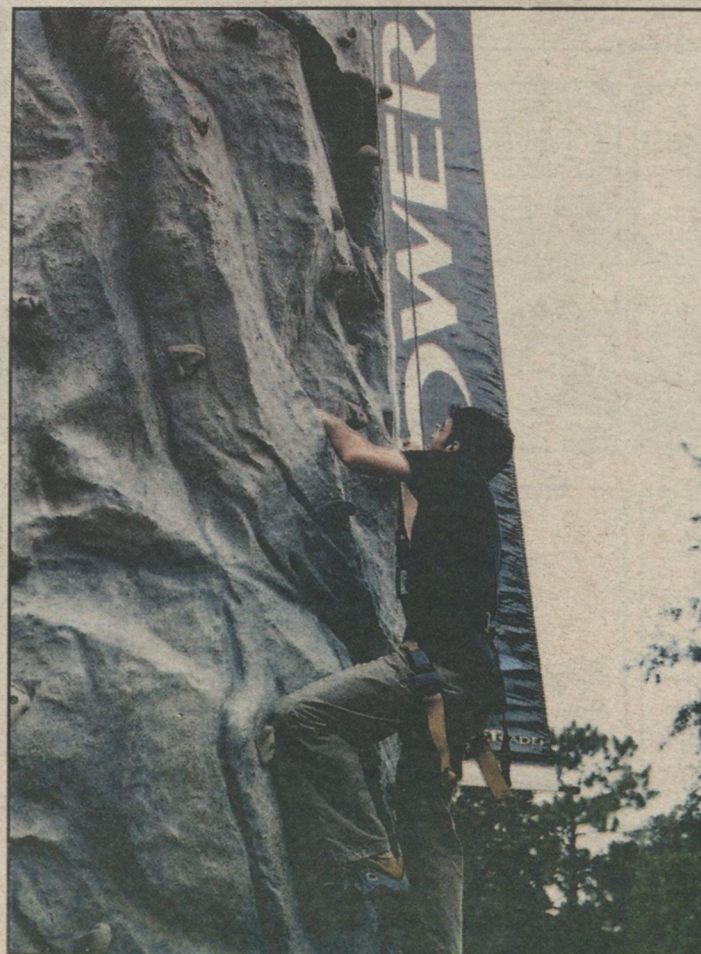
A race to beat the velcro!



Janice from Plant Ops. takes a minute out to say hi.



Sebastian Phillip finds out his fortune



Climbing the rock wall



Learning how to make pottery at AASU Day